# PRODUCT SPECIFICATIONS

***ADST 13402BK Lifting Grips Pack - B/W L/XL***

**Code: ADST 13402BK**

**MRP : 4179.00**

Push your limits and elevate your performance with the adidas Lifting Grips Pack. Combining Lifting Grips with Wrist Protectors to deliver greater comfort and an amplified hold, the pack allows you to lift stronger and unleash your full potential. With a double-sided PU design, quadrate traction pattern, and Velcro wrist fastening, the Lifting Grips fix you firmly in place for more locked-in lifts. Engineered to enhance a wide range of pull movements, from heavy deadlifts to pull-ups, the Lifting Grips reduce forearm fatigue and minimise slippage as you set new PRs and unlock higher rep ranges. The pack's matching knitted Wrist Protectors bring unbeatable comfort and protection to your workouts. Minimising discomfort and rubbing, the soft, breathable protectors provide light compression and cushioning to shield your wrists and forearms, all while absorbent material keeps your hands dry for more focused reps. Whether you're gripping bars, dumbbells, kettlebells, or rings, take your game to the next level with the adidas Lifting Grips Pack.

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| Colour： | Black & White |
| Material： | Polyurethane (39%) Polyester (24%) Cotton (12%) Zinc alloy (12%) Silicone (6%) Polyamide (5%) Elastodiene (2%) |
| Net Weight： | 146gms |
| Other Features： | Padded anchor insert ensures a locked-in grip |
| Size： | 200 x 990 x 85mm |